COVID-19 recovery

September 11th 2020

**Title**: COVID-19: long-term health effects

Public Health England | 7th September 2020

There is accumulating evidence to suggest that cases of coronavirus (COVID-19) who have experienced both mild and severe symptoms can experience long-term health effects*.*

Around 10% of mild coronovirus (COVID-19) cases who were not admitted to hospital have reported symptoms lasting more than 4 weeks. A number of hospitalised cases reported continuing symptoms for 8 or more weeks following discharge.

Persistent health problems reported following acute COVID-19 disease include:

* respiratory symptoms and conditions such as chronic cough, shortness of breath, lung inflammation and fibrosis, and pulmonary vascular disease
* cardiovascular symptoms and disease such as chest tightness, acute myocarditis and heart failure
* protracted loss or change of smell and taste
* mental health problems including depression, anxiety and cognitive difficulties
* inflammatory disorders such as myalgia, multisystem inflammatory syndrome, Guillain-Barre syndrome, or neuralgic amyotrophy
* gastrointestinal disturbance with diarrhoea
* continuing headaches
* fatigue, weakness and sleeplessness
* liver and kidney dysfunction
* clotting disorders and thrombosis
* lymphadenopathy
* skin rashes

This document from Public Health England provides information on the health problems reported in COVID-19 cases following acute disease, and guidance for healthcare professionals on how to advise recovering COVID-19 patients.

[COVID-19: long-term health effects](https://www.gov.uk/government/publications/covid-19-long-term-health-effects/covid-19-long-term-health-effects)

**Title:** The first Covid-19 vaccine may not be the magic bullet that returns life to 'normal'

Wellcome Trust | 7th September 2020

In a piece on the Wellcome Trust's blog, its director Jeremy Farrar, explains that as we'll soon start to see the results of the first vaccines coming through late-stage clinical trials, we should be cautiously optimistic about this development.

Full detail: [The first Covid-19 vaccine may not be the magic bullet that returns life to 'normal'](https://wellcome.ac.uk/news/first-covid-19-vaccine-may-not-be-magic-bullet-returns-life-normal?utm_source=twitter&utm_medium=o-wellcome)

**Title:** DEVELOPMENT OF AN INTEGRATED REHABILITATION PATHWAY FOR INDIVIDUALS RECOVERING FROM COVID-19 IN THE COMMUNITY

Journal of Rehabilitation Medicine | 2020; 52: jrm00089

COVID-19 is a multisystem illness with considerable long-term physical, psychological, cognitive, social and vocational sequelae in survivors. The aim of this study is to describe the development of an integrated rehabilitation pathway using tele-medicine approach to manage these sequelae in a systematic and efficient way.

A rehabilitation pathway, which spans the acute hospital trust, community trust and primary care service within the UK National Health Service (NHS) service model was developed. C19-YRS referral criteria thresholds for informing the decision making process were defined. A dedicated multidisciplinary COVID-19 rehabilitation team is responsible for dealing with the management of complex cases with needs spanning across multiple domains of the health condition.

An integrated COVID-19 rehabilitation pathway based on our previously published C19-YRS tool is proposed. Future research is needed for validation of the pathway. We recommend health services dealing with the pandemic to adopt such a pathway to manage the care of the COVID-19 survivors in the community.

Full paper: [Development of an integrated rehabilitation pathway for individuals recovering from covid-19 in the community](https://www.medicaljournals.se/jrm/content_files/download.php?doi=10.2340/16501977-2727)

**Title:** Post-pandemic recovery: use of scientific advice to achieve social equity, planetary health, and economic benefits

The Lancet Planetary Health | September 2020

The spread of COVID-19 is continuing to present enormous challenges worldwide, affecting individuals, families, communities, health services, and economies. Much now depends on curbing the pandemic, combined with the gradual resumption of economic and social activity. Meanwhile, the world is in the middle of another crisis, the climate change emergency. There is a choice to be made in guiding the economic recovery from COVID-19.

Either societies continue high-carbon pathways that present considerable risks to health and development, or they seek low-carbon socioeconomic pathways to invest differently for the long term to protect and promote human health and to enhance the prospects for a recovery compatible with the commitments in the Paris Climate Agreement.

Full comment piece: [Post-pandemic recovery: use of scientific advice to achieve social equity, planetary health, and economic benefits](https://www.thelancet.com/action/showPdf?pii=S2542-5196%2820%2930176-5)

**Title**: Venues required by law to record contact details

Department of Health and Social Care | 10th September 2020

Premises and venues across England like pubs, restaurants, hairdressers and cinemas must have a system in place by law to record contact details of their customers, visitors and staff in the latest move to break the chains of transmission of coronavirus.

These businesses and organisations had been advised to collect and share data, with many effectively doing so, but following the recent move to ban social gatherings of more than 6 people, the data collection programme will now be formally mandated from 18 September.

Further guidance and, where necessary, regulations will be set out specifying the settings which will be included, but the scope will cover the hospitality industry, such as pubs, bars, restaurants and cafes, as well as close contact services and other tourism and leisure venues.

Full detail: [Venues required by law to record contact details](https://www.gov.uk/government/news/venues-required-by-law-to-record-contact-details?utm_source=0d18dd1e-f396-4187-9bab-b5e35da92a2e&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate)

**Title:** Targeted change making for a healthy recovery

The Lancet Planetary Health | September 2020

An unprecedented global mobilisation of health workers has called upon G20 leaders to focus on a healthy recovery from COVID-19 that centres on equity, climate change, biodiversity, and other planetary health considerations necessary to prevent the next crisis. Having been disrupted, global societies are being reimagined and generationally significant funds are being spent to bring new systems to life.

International response to the pandemic has proven once again that politics is a determinant of health. Although many in the global health community remain deeply occupied with direct management of COVID-19, now is the critical time for evidence-based, ethics-driven voices to influence change.

Full comment piece: [Targeted change making for a healthy recovery](https://www.thelancet.com/action/showPdf?pii=S2542-5196%2820%2930200-X)

**Title:** Responding to COVID-19 requires strong epidemiological evidence of environmental and societal determining factors

The Lancet Planetary Health | September 2020

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and associated COVID-19 have caused a global emergency that requires an engaged, integrated, interdisciplinary, and rapid response from the scientific community.

Climate change, ecological change, and biodiversity loss might have played an important role in the occurrence of this zoonotic pandemic. Climatic and environmental factors, such as temperature, humidity, and air pollution, are potentially influencing the transmission, spread, and severity of SARS-CoV-2 infection.

Strong scientific evidence about the contributions of these environmental determinants in the COVID-19 pandemic is needed, in combination with an understanding of the role of other important societal factors and public health interventions. This evidence will support the public health community in responding to the current crisis, and inform strategies to prevent the recurring effects of the COVID-19 pandemic and future emergencies.

Full comment piece: [Responding to COVID-19 requires strong epidemiological evidence of environmental and societal determining factors](https://www.thelancet.com/action/showPdf?pii=S2542-5196%2820%2930169-8)

**TITLE:** FIXING SOCIAL CARE. BETTER QUALITY SERVICES AND JOBS

Trades Union Congress| 7th September 2020

This report argues that the Covid-19 pandemic has shown how essential social care is to society. It looks to the future and building a better system, including a demand for long-term, sustainable funding of services that provide value for money to the public purse while meeting the needs of individuals and communities. It also calls for appreciation of care workers through improved pay and working conditions.

Full report: [Fixing social care. Better quality services and jobs](https://www.tuc.org.uk/sites/default/files/2020-09/SocialCareReport.pdf)

**Title**: Beyond COVID: New thinking on the future of adult social care

Social Care Institute for Excellence | September 2020

COVID-19 has had a devastating impact on social care. By June 2020 there had been more than 30,500 excess deaths among care home residents, and social care staff have been more than twice as likely to die from COVID-19 as other adults. Deep-rooted inequalities in society have also been amplified by the crisis, as have the sector’s fragile finances and the low pay and conditions experienced by many care workers.

This position paper for commissioners and senior managers working in the health and social care sector sets out the findings of Beyond COVID: new thinking on the future of adult social care. It makes a number of recommendations and details three key shifts for the future which are needed to overcome the immense challenges we face in adult social care.

Full report: [Beyond COVID: New thinking on the future of adult social care](https://www.scie.org.uk/files/care-providers/coronavirus/beyond/new-thinking-adult-social-care.pdf)

**Title**: New campaign to prevent spread of coronavirus indoors this winter

Department of Health & Social Care | 9th September 2020

A new science based public information campaign will be launched ahead of winter to highlight how everyone can help to stop the spread of the virus by remembering to wash their hands, cover their face and make space.

‘Hands. Face. Space’ will run across TV, radio, print, out of home, social and digital display advertising, as well as on community media channels and will be supported by a variety of public and private sector partners throughout the coming weeks.

As part of this campaign, a new video is being released to show exactly how coronavirus spreads indoors. With people expected to spend more time inside during the winter, the film – produced with the help of scientific experts – encourages the public to follow simple steps to reduce the risk of infection.

Full detail: [New campaign to prevent spread of coronavirus indoors this winter](New%20campaign%20to%20prevent%20spread%20of%20coronavirus%20indoors%20this%20winter)

**Title:** What effect will the return to schools and universities have on infection outbreaks this autumn?

Nuffield Trust | 10th September 2020

As children return to schools this week and universities prepare to open their doors later this month, the Nuffield Trust looks back at national reporting of acute respiratory infection outbreaks to see what previously happened in schools and educational settings – and discuss whether Covid-19 might have unpredictable effects on historical trends.

Full detail: [What effect will the return to schools and universities have on infection outbreaks this autumn?](https://www.nuffieldtrust.org.uk/resource/chart-of-the-week-what-effect-will-the-return-to-schools-and-universities-have-on-infection-outbreaks-this-autumn)

**Title**: Apart but not Alone? A cross-sectional study of neighbour support in a major UK urban area during the COVID-19 lockdown

Emerald Open Research | 10th June 2020

Evidence from a range of major public health incidents shows that neighbour-based action can have a critical role in emergency response, assistance and recovery. However, there is little research to date on neighbour-based action during the 2020 coronavirus pandemic. This article reports on a survey of people engaged in supporting their neighbours in weeks three and four of the UK COVID-19 lockdown.

As with previous research on major social upheavals, our findings suggest that responses to the viral pandemic and associated social restrictions may increase existing social and health inequalities, and further research should explore this issue in more depth.

Full paper: [Apart but not Alone? A cross-sectional study of neighbour support in a major UK urban area during the COVID-19 lockdown](https://emeraldopenresearch.com/articles/2-37/v1)

**Title**: The economics of the COVID-19 pandemic: an assessment

Oxford Review of Economic Policy | 29th August 2020

The COVID-19 pandemic has created both a medical crisis and an economic crisis. As others have noted, we face challenges just as big as those in the Spanish Flu Pandemic and the Great Depression—all at once. The tasks facing policy-makers are extraordinary. Many new kinds of intervention are urgently required.

This issue of the Oxford Review of Economic Policy has two objectives. The first is to explore these new interventions: evaluating their use, suggesting how they might be improved, and proposing alternatives. The second is to show that the challenges facing us are global and will require international cooperation if they are to be dealt with effectively.

This short introductory essay positions the papers in the issue within an overall conceptual framework, with the aim of telling an overarching story about the pandemic.

Full detail: [The economics of the COVID-19 pandemic: an assessment](https://watermark.silverchair.com/graa036.pdf?token=AQECAHi208BE49Ooan9kkhW_Ercy7Dm3ZL_9Cf3qfKAc485ysgAAAr0wggK5BgkqhkiG9w0BBwagggKqMIICpgIBADCCAp8GCSqGSIb3DQEHATAeBglghkgBZQMEAS4wEQQMzhklBdwj3wE_I6fVAgEQgIICcEUBTP4sKuoGe1ep2VAMCqj1qXXom92eFtlAkxqSu7qU1U96I4-yWUWIpCRl1ufi83IKB7Luv0ALY9RJTjVbGejd3Nz7tEJdICGPDbduGGyjh3ibNoeOqVuuIdEp8hfAZIi-wg0FsBsB9Qa8ZuehOCPziInrYDxtLl7H2v5ryZ-r9Cmk33C4HyHXgNQa1RynVExz5Uj4wleC0g65lAay3DXxbnHzxrl38ftmLxPxHYbQSh7CmTn5cQvbYqDNV1I1jSS_L5-zQbKFjijcq3h5INZYU454UWeGAad1dP0hq0KHY4I-wyO5GnNREBIm-7UJsTx0Varpq_JB1pZrdei7xyPskofuY1hxajJgx2i2hIm91aSCtiM771vIwIbp3SlIxFuscBlg84uUoUMb5wP0st9J-nA7M3OtdfKfx4nLQEaTpXPVmTdBtMzfU7ER9TVMOE5d3s_luNVAuBmUG0sMB0SwTefPe7bZvOHraqlr36-13TR7LtsIn2IDB_3nzXjR7QMOXosPDylmnh1WPm6biw1A50vbtYkZfOQN9Xr6alOS2mgE5gjgDAjMLYzjuu01JZGECt6ZVSNBSR21zuONEZEeasn6_37PW1UwA9HrO0HZZcw8kQxO5ngfCGqf3W-a2zjtfVw5hKwB0VmPU71jBe0yDMtfL_bpZArmRAy45Ya5YMICVTdltlNgCkbCqCB3SOAGHUs-fltQgeEHkzPsV_jyYhUaiUnx5rMjuFbd0hWeBZYDRCepYKSgke7ZCmAqab2-gXqOslifryvwy-1vcWxktMnrU8CFFl58cCrR_IXn-Ojs_Quwom3hb0pZGYjjVg)

**Title:** The psychosocial impact of flu influenza pandemics on healthcare workers and lessons learnt for the COVID-19 emergency: a rapid review

International Journal of Public Health | 4th September 2020

During a pandemic, healthcare workers (HCWs) are essential to the health system response. Based on our knowledge, little information is available regarding the psychosocial impact on HCWs or interventions for supporting them during pandemics. Therefore, the study aimed to assess available literature on perceived stress and psychological responses to influenza pandemics in HCWs and identify implications for healthcare practice and future research.

This rapid review offers an overview of the major concerns regarding HCWs’ psychosocial well-being and possible preventive strategies, which could be useful for the current COVID-19 outbreak and similar future pandemics. Studies suggested to invest on preventive psychological, social, family and physical support and to guaranteeing reasonable work conditions and others in order to protect HCWs from the long-lasting psychological effect of the COVID-19 pandemic.

Full article: [The psychosocial impact of flu influenza pandemics on healthcare workers and lessons learnt for the COVID-19 emergency: a rapid review](https://link.springer.com/content/pdf/10.1007/s00038-020-01463-7.pdf)

**Title:** The COVID-19 pandemic and epidemiologic insights from recession-related suicide mortality

Molecular Psychiatry | 1st September 2020

The COVID-19 pandemic has led to the initiation of large-scale quarantine measures, resulting in widespread closures of significant sectors of the worldwide economy. The International Monetary Fund predicts that the world economy will experience the worst recession since the Great Depression, labelling this the “Great Lockdown”.

This comment piece suggests that in this context, we need to plan for deleterious mental health effects resulting from this global recession, including: job stress and insecurity, sharply rising unemployment and longer duration of unemployment, income shock, bankruptcy, rising household debt levels, marked decline in asset values, loss of savings, house repossessions, reduced healthcare resources, cuts in community and social services, strained relationships, increased social isolation, and rises in alcohol misuse.

Full detail: [The COVID-19 pandemic and epidemiologic insights from recession-related suicide mortality](https://www.nature.com/articles/s41380-020-00875-4.pdf)

**Title:** The Manchester Briefing on COVID-19

Alliance MBS | Week beginning 7th September 2020

The Manchester Briefing on COVID-19 is aimed at those who plan and implement recovery from COVID-19, including government emergency planners and resilience officers. The briefing brings together international lessons and examples which may prompt thinking on the recovery from COVID-19, as well as other information from a range of sources and a focus on one key topic.

The lessons are taken from websites (e.g. UN, WHO), documents (e.g. from researchers and governments), webinars (e.g. those facilitated by WEF, GCRN), and other things.

This week there are four briefings:

* Briefing A: Renewal of local government following COVID-19: Reorganisation, Devolution and Institutional Change in English Government
* Briefing B: Lessons you may find helpful from across the world
* Briefing C: Use of mass testing to complement test and trace capabilities
* Briefing D: Useful webinars

Full detail: [The Manchester Briefing on COVID-19. International lessons for local and national government recovery and renewal](https://www.communigator.co.uk/login/Instances/uomhumscommslz/Documents/themanchesterbriefingoncovid-19b20-wb7thseptemberfinal.pdf?gator_td=6Jb38je3UUo3IQiokxNs8FTURaE%2fccdv%2fd5VF%2fYY5%2f10bCDcznP5vxUoqznZx95Y7mTVPjJ38COTwPRQZcQ8upd0du77Htx1VOekBj%2bDQ70U%2baWiFHcFBzP3%2brsU210P%2fawk%2fdnd1RB5xgxbefR04w%3d%3d)

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[TRFT Library & Knowledge Service](https://www.trftlibraryknowledge.com/) aim to bring together the latest guidelines, research and news on Covid-19 through our [Covid-19 portal](https://www.trftlibraryknowledge.com/coronavirus.html). For daily updates on Covid-19 visit our '[Latest Health](https://trfthealthweeklydigest.wordpress.com/)' newsfeed, or use the hashtag [#covid19rftlks](https://twitter.com/hashtag/covid19rftlks?src=hashtag_click) to see our latest tweets on Covid-19 research, guidelines and news.

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